



# ***STOP THE SPREAD OF GERMS***

Take these actions to protect yourself and others:

- Stay home unless you are seeking medical treatment, required to be at work, buying food and other supplies, caring for someone outside of your home, or for outdoor exercise.
- If you must leave your house, stay six feet (2-meters) away from others.
- Cover your cough or sneeze with a tissue, then throw it in the trash.
- Don't touch your eyes, nose, and mouth with unwashed hands.
- Clean and disinfect frequently touched surfaces and objects.
- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.





# *STAY HOME*

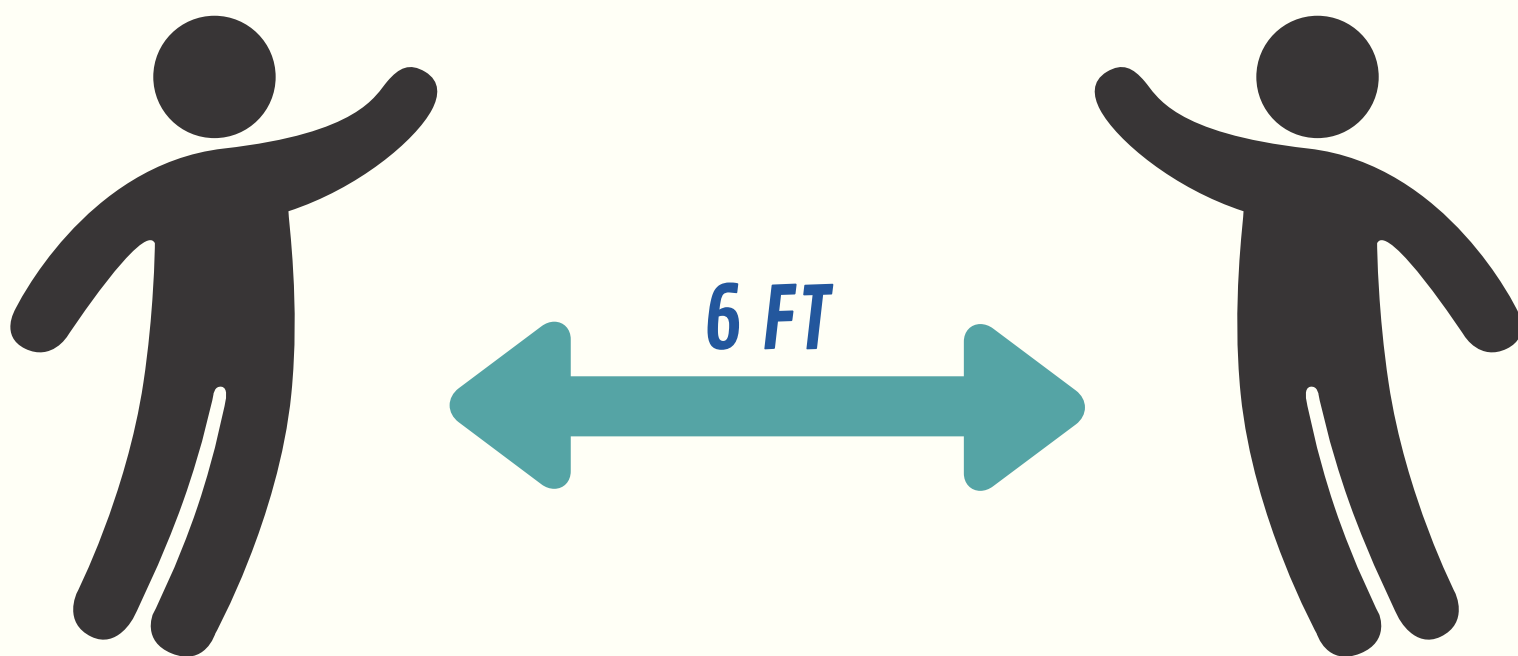


*UNLESS YOU ARE SEEKING MEDICAL TREATMENT,  
REQUIRED TO BE AT WORK, BUYING FOOD AND OTHER  
SUPPLIES, CARING FOR SOMEONE OUTSIDE OF YOUR  
HOME, OR FOR OUTDOOR EXERCISE.*





# ***AVOID CLOSE CONTACT WITH PEOPLE***



***IF YOU MUST LEAVE YOUR HOUSE FOR  
ESSENTIAL REASONS, STAY SIX FEET (2  
METERS) AWAY FROM OTHERS.***



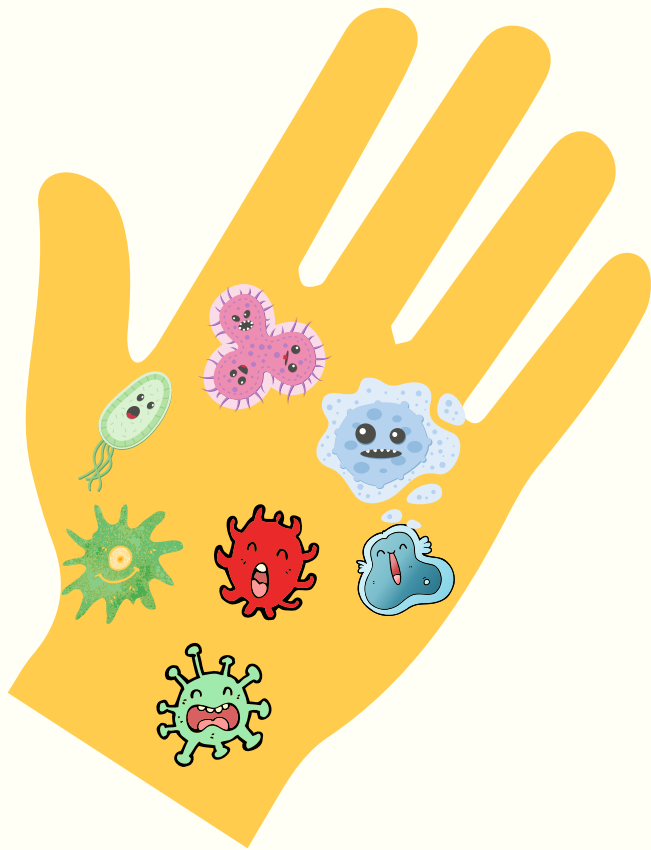
***COVER YOUR COUGH OR SNEEZE  
WITH A TISSUE***



***THEN THROW IT IN THE TRASH!***



**AVOID TOUCHING YOUR EYES, NOSE,  
AND MOUTH WITH UNWASHED HANDS**



**GERMS SPREAD THIS WAY!**



**WASH YOUR HANDS WITH SOAP FOR AT  
LEAST 20 SECONDS**



**USE ALCOHOL-BASED SANITIZER IF SOAP IS NOT  
AVAILABLE**



# *CLEAN AND DISINFECT FREQUENTLY TOUCHED SURFACES AND OBJECTS*

